

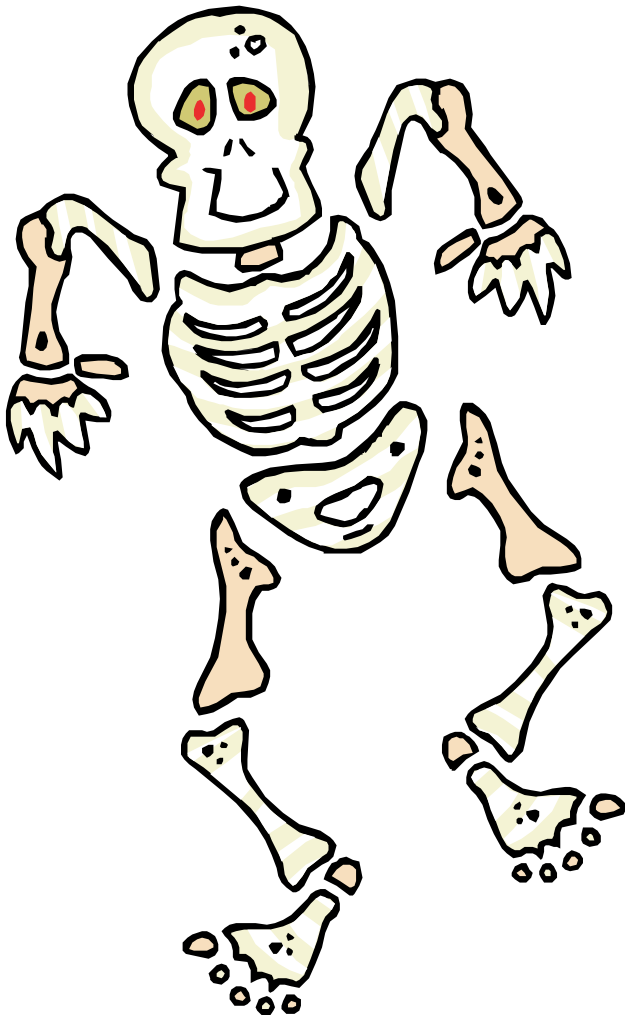
Help Slurp Be Healthy

Objective:

- Students will be able to name healthy habits that help them grow strong bones and have healthy teeth.
- Students will recognize individuals in their lives who want them to be healthy.

Materials Needed:

- Included in the lesson:
 - Letter stationery
 - Picture of Slurp
 - Pictures of Power Panther
 - MyPlate Poster



Lesson Introduction:

Introduce Slurp and Power Panther. Slurp is lucky to be living with his Uncle Power Panther, who is the coolest uncle around! Power Panther takes really good care of Slurp by trying to make sure he eats yummy foods that are good for him, and that Slurp has fun running and playing every day. Power Panther says, “Eat Smart. Play Hard.” Discuss what it means to “Eat Smart. Play Hard.”

Review MyPlate (www.chooseMyPlate.gov) and how eating a variety of healthy foods gives us energy to grow and play. Emphasize that eating smart from the dairy group and playing hard is very important for strong bones. Power Panther wants his nephew to grow strong bones so they play together every day, and Power Panther makes sure that Slurp gets calcium from milk or dairy products for his bones and teeth every day.

Ask students: “Who helps you be healthy and active? Who wants you to eat foods from the milk group that help you have strong bones and teeth? (Mom, dad, other relatives, doctor, dentist, teacher, friend, etc.)

Activity:

Ask students if they will care for Slurp and help him make healthy choices by writing him a letter. Emphasize the importance of physical activity and dairy group foods. In the letter, students can tell Slurp about their favorite healthy snack (including dairy group products) and favorite physical activity.

Have students share their letter with a partner or a small group.

Reflect:

Use ideas from the students' letters to create a list with the top three things Slurp should know to grow strong bones and have healthy teeth.

Continued on back

Apply:

Make and taste a healthy snack such as cheese and apples. Crunchy fruits and vegetables are better for teeth than sticky or gooey snacks. The calcium in cheese helps our bones and teeth stay healthy.

Discuss good times during the day to be physically active such as PE, recess and after school.

Extend the activity:

Language: Explore books about people who care about health (doctors, dentists, etc.). Have students write a thank you letter to a person that cares about their health.

Play a game: Have students draw and describe a healthy snack while the other students guess what it is.

Math: Survey the class about favorite healthy snacks or physical activities and record the results in a graph.

